



# Abilene Fire Department

## Physical Ability Test



The physical ability test is a series of actual or simulated tasks that firefighters may be called upon to perform at any time. Please read the following suggestions, which are provided for your benefit.

- If you eat prior to the physical ability test, eat lightly.
- Warm up and stretch your muscles before testing begins.
- Wear appropriate footwear and loose fitting, light workout clothing. Sweats or other long pants are recommended. Be prepared to perform activities in cold weather.
- Gloves are not required, but will be provided if needed.
- Knee and elbow pads, along with a safety helmet, will be provided as needed.

### **The Physical Ability Test consists of a series of simulated fire ground exercises.**

**OBSTACLE COURSE:** This is a timed event consisting of various fire ground related activities. During this portion of the physical ability test, the applicant will wear a fifty pound weighted vest.

The exercise will include, but is not limited to, the following activities.

- Fully open and close a typical Abilene fire hydrant (clockwise close / counter-clockwise open)
- Drag a dry 5-inch supply line approximately 150 feet
- Hold a department-issued chainsaw overhead for thirty seconds
- Carry an Abilene Fire Department high-rise hose pack and axe to the fourth floor of the drill tower
- Drag a 170-pound dummy twenty feet
- Move a fifty-pound piece of furniture twenty feet
- Hit a metal sled with a dead-blow sledgehammer (simulates chopping a hole with an axe)
- Carry an Abilene Fire Department smoke ejector approximately 100 feet

This is a pass/fail exercise and must be completed within the allotted time to continue to the next step of the hiring process.

**LADDER CLIMB:** This is a timed event consisting of climbing and descending a fully extended aerial ladder. Time begins with the applicant on the turntable at the base of the ladder and ends when the applicant touches the top rung of the ladder. The applicant must:

- Wear an attached harness for safety
- Climb the entire length of the aerial ladder at full extension
- Touch the top rung of the ladder ending the timed portion
- Descend and exit the ladder
- Not skip any rungs
- Always have three-point contact with the ladder

This is a pass/fail exercise and must be completed within the allotted time to continue to the next phase of the hiring process.

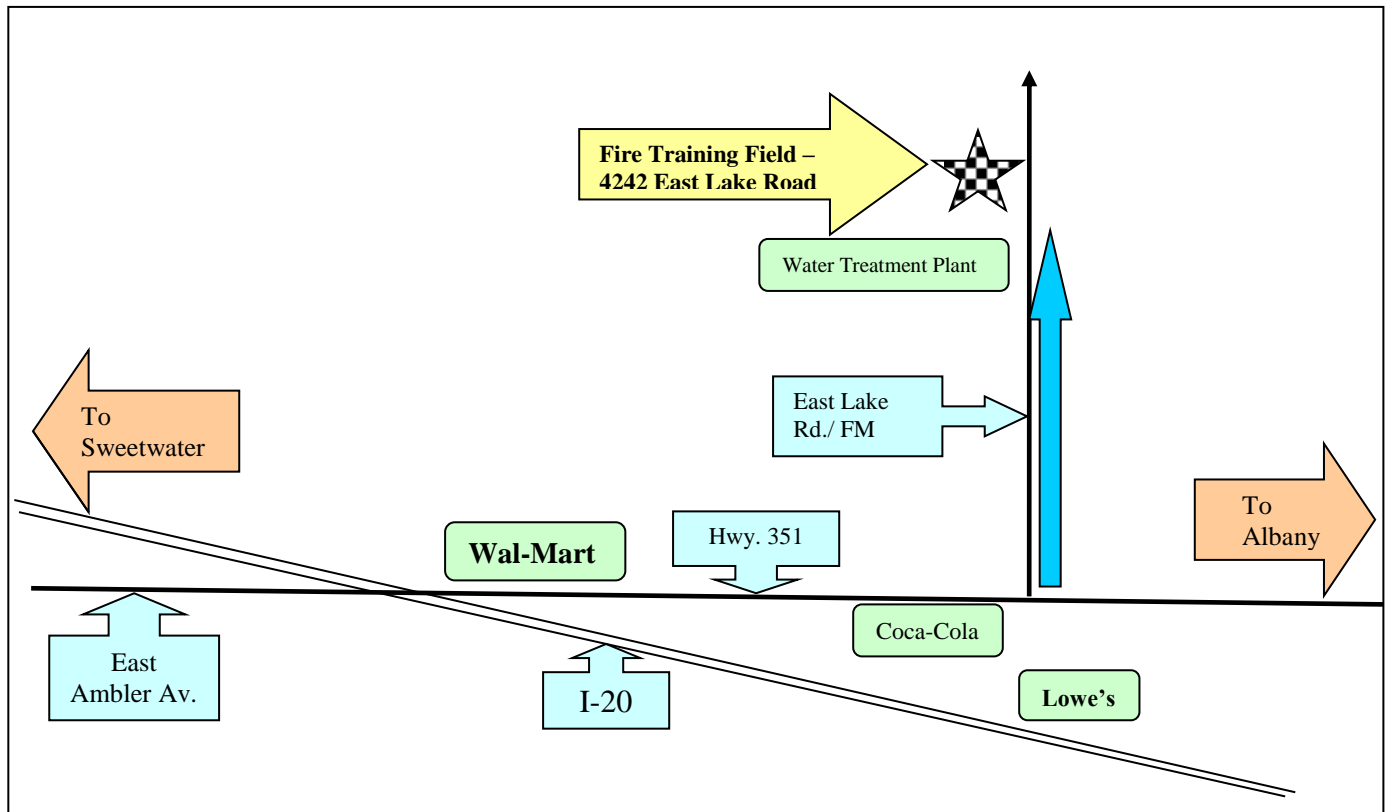
**CONFINED SPACE COURSE:** This is a timed event where the applicant maneuvers through a confined space course. The applicant must:

- Progress through a confined space simulator consisting of a course with various levels and turns while operating in an unlighted environment
- Wear knee and elbow pads and helmet for protection, and
- Maneuver through the entire course.

This is a pass/fail exercise and must be completed within the allotted time to continue to the next step of the hiring process.

**IF YOU FEEL THAT YOU WOULD HAVE DIFFICULTY PERFORMING THE REQUIREMENTS OF THE ABOVE EVENTS, IT IS RECOMMENDED THAT YOU CONSULT YOUR PHYSICIAN PRIOR TO TAKING THE PHYSICAL ABILITY TEST.**

Applicants must report to the Abilene Fire Department Training Academy (D.C. Musick Field), 4242 East Lake Road, no later than the assigned time. Tardiness or failure to appear for your scheduled physical ability test will be considered as evidence that you no longer desire to pursue your application with the Abilene Fire Department.



**DIRECTIONS TO TRAINING FIELD:** Take Hwy 351 (E Ambler Avenue) heading east out of town. Approximately **1/2** mile past the I-20 overpass, take a left on FM 2833 (East Lake Rd) heading north. You will stay on FM 2833 for approximately **1.7** miles. The Abilene Fire Department Training Field will be on the left side of FM 2833, just past the water treatment plant. If you get to the Abilene Police Department Training Field on the right, you've gone too far.